

Volunteer at RASAC Perth and Kinross  
Currently recruiting...

## BEFRIENDERS

Befriending is not counselling or mental health support but has the purpose of reducing social isolation, through spending time with someone, having a chat, going for coffee or some other social activity. Befrienders aim to help people build up their confidence by encouraging the person to get out and about to rediscover interests, make new friends and social connections.

Are you a friendly, non-judgmental, sociable, patient and caring woman with a minimum of 2 hours per week to spare? If you are, you might be the befriender we are looking for!



We provide all the training, support and expenses you need to ensure you can be part of the befriender team and make a difference to someone's life.

Call Gwendoline on 01738 626290 to find out more or receive an application pack.



March 2016

# Newsletter

Working with women since 2007

## Proposed Drop-In Service What do you think?

We are exploring the development of a Drop In Service, where survivors could access information during set hours each week, without the need for an appointment.

Let us know what you think? Would this service be beneficial to you or the survivor you support?

Call us on 01738 626290 or let your support worker know as any comments or feedback would be greatly appreciated.

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## RASAC Team Accreditation

Our fantastic staff and volunteer team have recently completed units from the 'Working with Women and Girls in the Sexual Violence Sector' qualification by the Open College Network. Between them they completed and were accredited 46 units covering a range of different subjects and areas. These units show that we are dedicated to improving our practice and also ensuring that we all have the same knowledge in working with survivors.

A big congratulations to everyone who was involved.



## Volunteer Friendly Award!



Once again we have gained the Volunteer Friendly Award. A big thank you to all our volunteers who inspire us to better our volunteer practice every day!



3 for our fabulous volunteers Fiona, Liz and Mohona with Gwendoline and Jen for the staff team



**RASAC P&K**  
18 King Street, Perth PH2 8JA

Business Line: 01738 626290  
Helpline: 01738 630965

Email: [info@rasacpk.org.uk](mailto:info@rasacpk.org.uk)  
Website: [www.rasacpk.org.uk](http://www.rasacpk.org.uk)

*Women working  
together towards  
freedom from rape  
and sexual abuse*

Charity Reg No; SC037982  
Reg Co No; SC389959



## RASAC Spotlight Support and Advocacy Service

Funded by the Scottish Government and in partnership with Rape Crisis Scotland, a new Support and Advocacy Service has recently launched at RASAC P&K. This service will be delivered as part of the National Advocacy Project operating across Scotland's 14 Rape Crisis Centres. The overall aim of the service is to provide support and advocacy to survivors who have engaged, or are considering engaging, with the criminal justice system. Survivors of sexual violence whose cases do not proceed to court will be offered emotional and practical support, including access to follow on services.

Our project aims to:

- Improve the support available to victims of rape and serious sexual crime;
- Improve the experience of the criminal justice process for victims of rape and serious sexual crime;
- Develop a better understanding of the difference that advocacy support can make in the decision making process for survivors who are considering reporting.

Liaising with survivors and other agencies is vital to the service in order to meet the needs and promote the rights of survivors. A woman led process, the Support & Advocacy Service will assist and empower survivors to become active participants in accessing their rights, to recover, seek justice and move forward from sexual violence.

If you would like further information or to meet with the Support and Advocacy Worker please call Carolyn Doran on 01738 630965.





## RASAC Service User Forum Feedback

Our latest Service User Forum in February was attended by Women accessing support at RASAC, volunteers and staff. The forum covered a number of topics including RASAC Groups and our support services at the centre.

One of the most discussed areas was the RASAC Helpline proposed changes. We have identified that the Helpline is not being utilised at its full capacity. In addition referrals for the one to one support service has been consistently increasing.

We propose to reduce the helpline hours to enable our staff and volunteers to take on more one to one sessions and reduce the waiting list ensuring survivors receive support faster. We realise that the Helpline might be the best option for support for some survivors and that is why we endeavour to continue with this service. Although service users discussed their concerns about the reduction in hours, if it was the best solution and development at RASAC they understood the pressure in providing support to as many survivors as we can.

If anyone would like to feedback to RASAC about this proposed change then please contact us as soon as possible. 01738 626290

## Referral Process Consultation

The RASAC team and partnership organisations we work with have recently had a conversation about our referral process. There is a proposed change to our referral process and we would appreciate any comments regarding this.

At present we accept 3 types of referrals.

- 1) Self-Referral
- 2) Agency referral which must be signed by the survivor
- 3) Agency referral on the telephone but with the survivor present in order for us to speak with them first.

We recognise that external agencies are not always with the survivor when they contact us, and that it may not be possible to obtain signed consent in times of crisis. We are therefore looking to review our referral processes. This will remove the need for the survivor to be present when an agency calls as well as remove the absolute need for a signed referral form. This will mean that workers from other agencies can verbally refer a survivor to our service. However, we will still be unable to arrange any appointments without speaking with the survivor first. Instead, we will contact the survivor to arrange any appointment directly.

Feedback would be greatly appreciated as it will help us make the final decision. Please call us and ask for Rachel or another member of the support team and let

## FUTURE THERAPEUTIC SERVICES AT RASAC



Utilising the skills and qualifications of RASAC P&K support staff, we hope to develop the following therapeutic services in the future at RASAC P&K;

### EMDR

EMDR stands for Eye Movement Desensitisation and Reprocessing. It is a powerful technique which can be very helpful in helping people who have experienced trauma and/or suffer from anxiety, panic flashbacks and post-traumatic stress.

### Hypnotherapy

Hypnotherapy is a skilled verbal communication, used during hypnosis which can help direct a survivor's imagination in a way which can bring alterations in sensation, perceptions, feelings and behaviours. Hypnotherapy can be applied to a wide range of problems including stress and anxiety.

### EFT

EFT stands for Emotion Freedom Technique and is also known as the tapping technique. It is a tool that can provide results for physical, emotional and other issues. It uses tapping on Acupuncture Meridian in the body, however unlike acupuncture it does not require the use of needles and it is taught to survivors to use on themselves. Eft can be helpful for flashbacks, anxiety, stress headaches.

We are still at the very early stages of exploring these possible therapeutic services and would really appreciate any comments, questions for feedbacks from survivors.

Also if you think you may benefit from these services then please phone us or speak to your support worker as it will help us identify demand.



Event!

You are warmly invited to

## RASAC Perth & Kinross

## Support and Advocacy Service Launch

Thursday 24th March 2016 - 3pm-5pm

Reporting an incident of sexual violence and navigating the court processes can be difficult and daunting for many survivors. Come join us and find out more about our Advocacy Support Service providing practical and emotional support to women and young people who are engaging or considering engaging with the criminal justice system.

The launch will be followed by a panel discussion and one woman performance by Naomi Breeze, 'One Lonely Word' and light refreshments.

For directions or extra information please phone us on 01738 626 290  
Held at; AK Bell Library Theatre York Pl, Perth PH2 8EP

**R.S.V.P** [jen@rasacpk.org.uk](mailto:jen@rasacpk.org.uk)



## SELF HELP SECTION ACTIVITIES TO REDUCE ANXIETY

1. Write a list of your skills and knowledge. Write down things that you know logically that counter what the anxiety is telling you is truth. For example, "Statistically very few planes crash." or "I can handle going in the store. I have done it before." Read it 2-3 times a day for as long as the anxiety lasts. Then, when the anxiety comes you will be less afraid of it. Anxiety makes us forget what we know, making us vulnerable to believing its lies. Having read the list repeatedly, our knowledge and trust in ourselves will not falter. The information will be up front in our brain and assuage the anxiety.
2. Do some yoga and meditation. Even if your anxiety is from trauma, spending some time in your body rather than in your head is the best thing you can do to recover.
3. Exercise increases your endorphins. Walking is a win-win. Hormones are released from the bottom of your feet as you walk. Plus following through on a commitment to walk will build confidence, countering anxiety. Even better: walk with a friend. Connection counters anxiety.
4. Pinpoint stress in your life and figure out how to change it. This could seem impossible but we always have control over our response to problems. A support worker, counsellor or a good friend might be helpful for this.
5. Try an alternative healing practitioner. For example, acupuncture, chiropractic, homeopathy, aroma therapy, Indian head massage, Reiki and massage therapy all have something to offer people with anxiety.
6. Spend time with people. Chatting and laughing with others will help you feel more "normal." You can see that fears are common and not feel so bad about yourself. Also, when many people are gathered there is often fun and laughter. You cannot laugh too much!
7. Have a routine. This is one of the best things you can do. Go to sleep and wake up at the same time every day. Eat and exercise at the same time. This helps steady your mind, but also give confidence to your emotions.
8. Never avoid doing things. Anxiety will build if it is winning. Contributing to others often takes us out of ourselves. Do something for someone else.
9. Practice affirmations. Often anxiety puts pictures in our mind about how we are going to freak out in a certain situation. Change the picture. See it differently. See yourself calm and happy. Do this on purpose 2-3 times a day, especially when you are calm. Don't wait until you are panicked to do this!

Source: [www.healthyplace.com](http://www.healthyplace.com)

RASAC P&K Helpline at 01738 630 965 -Mondays & Wednesdays 9:30 – 13:30, Tuesdays, Thursdays, & Fridays 12:30 – 16:30  
Rape Crisis Scotland helpline between 18:00 and midnight at 08088 01 03 02